



# WIC POLICY AND PROCEDURE MANUAL

Michigan Department of Community Health

Chapter/Section: Exhibit 6.07A

Effective Date: 7/26/99

Issue Date: 7/26/99

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## 6. NUTRITION SERVICES

### 6.07 Nutrition and Breastfeeding Staffing

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**FINAL**

## NUTRITION COUNSELOR

### General Description

This individual provides nutrition counseling services to WIC Program participants (as defined by WIC Policy and Procedure Manual, Chapter 6.03 Required Services for Nutritional High Risk Participants) and may provide nutrition consultation and training to staff.

### Examples of Work in Nutrition Services

- Sees the nutritional high risk participant, performs a nutrition assessment and develops an individualized nutrition care plan with the client.
- Provides nutrition counseling, including breastfeeding education, to identified high risk participants and documents the encounters.
- Documents when the care plan is concluded and reason why, dating and signing the plan. Signs closing statement when a provider other than an R.D. concludes the plan.
- Participates in the selection, planning, preparation and evaluation of teaching aids and materials.
- May also function in the role of Nutrition Educator.

### Recommended Knowledge, Skills and Abilities

The following standards for knowledge, skills and abilities are recommended for persons functioning in the role of Nutrition Counselor. Staff meeting the qualifications of WIC Nutrition Counselor, but are not performing at one or more of these standards, should attain the knowledge, skills and abilities through continuing education and training.

- Extensive knowledge of food composition, normal and therapeutic nutrition and the implications for health and disease.
- Extensive knowledge of maternal and child health nutrition and breastfeeding.
- Extensive understanding of health education and behavior modification techniques.
- Working knowledge of community resources.



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- Ë Ability to relate to and communicate with Program participants, Program staff, and community health and social resource members.
- Ë Ability to select and utilize appropriate resources, materials and visual aids.
- Ë Ability to function as a member of a health care team.
- Ë Ability to perform a health/nutrition assessment and evaluation to determine the need for dietary management.
- Ë Ability to develop a nutrition care plan.

#### Qualifications

A registered dietitian (R.D.) who is accredited by the Commission on Dietetic Registration of the American Dietetic Association.